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by ewfood

Cheese Souffle



Ingredients

2oz. butter
1oz. flour
8fl oz. milk
2oz. grated cheese
1 egg, separated
Salt and pepper to taste
Cooking Time
40
min

Preparation

1. Pre heat the oven to 200°C
2. In a saucepan melt the butter, remove from the stove and slowly add the flour. Stir it in well. Return to the stove for a couple of minutes until incorporated. Stir continuously
3. Remove the saucepan from the stove and slowly add in the milk stirring well. Return to the stove and bring the mixture to boil stirring continuously until it thickens
4. Cool slightly and add the cheese, egg yolk and seasoning. Mix it in well
5. Beat the egg white until stiff and gently fold it into the mixture
6. Pour into a greased pie dish or a soufflé dish
7. Bake for 30 minutes and serve immediately.

Cooks Note

Preparation time: 5 minutes; Cooking time: 40 minutes